PART I: Asking – How do I spend my time?

List of how I spend my time

List ordered by the amount of time and resources given to each task or relationship
PART II: Contemplating – How does that make me feel?

What am I doing...
How am I spending my time...
Who am I spending my time with...
That brings a feeling of happiness, joy, ease and/or authenticity?

What am I doing...
How am I spending my time...
Who am I spending my time with...
That brings feelings of frustration, angst, tiredness and/or inauthenticity?

Obligations aside...
Time constraints aside...
Resource limitations aside...
What does the ideal life look like?
PART III: Identifying – What do I value?

List of potential values

- Accountability
- Accuracy
- Adventurousness
- Altruism
- Ambition
- Assertiveness
- Authenticity
- Authority
- Autonomy
- Balance
- Beauty
- Being the best
- Belonging
- Calmness
- Carefulness
- Challenge
- Citizenship
- Clear mindedness
- Commitment
- Community
- Compassion
- Compensation
- Competency
- Competitiveness
- Consistency
- Contentment
- Contribution
- Control
- Cooperation
- Correctness
- Courtesy
- Creativity
- Curiosity
- Decisiveness
- Democraticness
- Dependability
- Determination
- Devoutness
- Diligence
- Discipline
- Discretion
- Diversity
- Dynamism
- Economy
- Effectiveness
- Efficiency
- Elegance
- Empathy
- Enjoyment
- Enthusiasm
- Equality
- Excellence
- Enactment
- Expertise
- Exploration
- Expressiveness
- Fairness
- Faith
- Family
- Fidelity
- Fitness
- Fluency
- Focus
- Freedom
- Friendship
- Fun
- Generosity
- Goodness
- Growth
- Happiness
- Hard Work
- Health
- Helping society
- Holiness
- Honesty
- Honor
- Humility
- Improvement
- Independence
- Influence
- Ingenuity
- Inner Harmony
- Inquisitiveness
- Insightfulness
- Intelligence
- Intuition
- Joy
- Justice
- Leadership
- Legacy
- Loyalty
- Making a difference
- Mastery
- Merit
- Meaningful work
- Obedience
- Openness
- Optimism
- Order
- Originality
- Patriotism
- Peace
- Perfection
- Piety
- Pleasure
- Positivity
- Poise
- Popularity
- Practicality
- Preparedness
- Professionalism
- Prudence
- Quality
- Recognition
- Religion
- Reliability
- Resourcefulness
- Respect
- Responsibility
- Restraint
- Results
- Rigor
- Security
- Self-actualization
- Self-control
- Selflessness
- Self-reliance
- Sensitivity
- Serenity
- Service
- Simplicity
- Soundness
- Speed
- Spirituality
- Spontaneity
- Stability
- Strategic
- Status
- Strength
- Structure
- Success
- Support
- Teamwork
- Temperance
- Piety
- Thankfulness
- Thoroughness
- Thoughtfulness
- Timeliness
- Tolerance
- Tradition
- Trustworthiness
- Truth-seeking
- Understanding
- Uniqueness
- Unity
- Usefulness
- Vision
- Vitality
- Wisdom
## PART IV: Defining – What do my values look like?

<table>
<thead>
<tr>
<th>Groups of like values</th>
<th>Core values and definitions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>